

Bangalore Mirror

ON SATURDAY

TEMP Max 30 | Min 19 | Humidity 48%

Clear with periodic clouds

Sensex 66,282

Nifty 19,751

Gold 58,849

Silver 70,433

Dollar 83.26

Euro 87.59

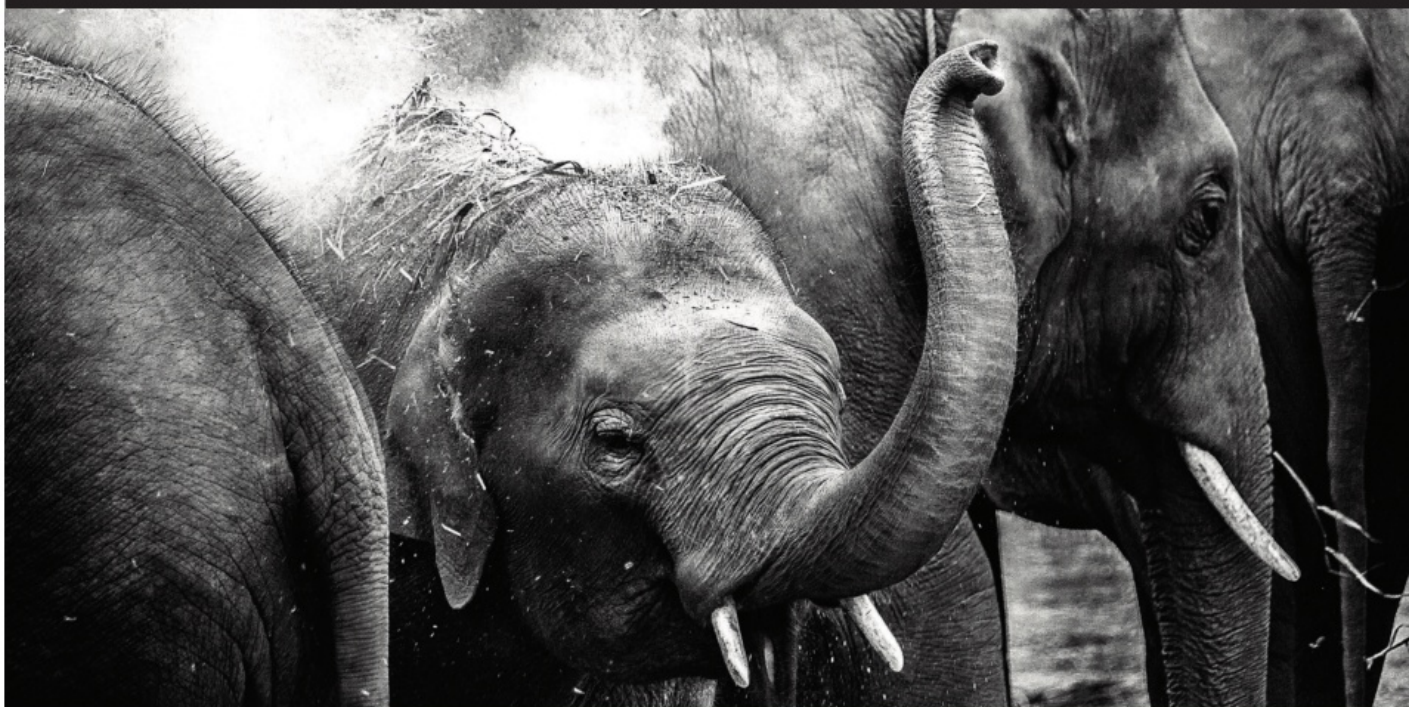
GBP 101.30



Conservationists and researchers in Karnataka express concern over increasing number of captured wild elephants sent out of state

MUMBO JUMBO

'103 elephants in 10 elephant camps across Karnataka'



NASHAD ABDU/UNSPLASH

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TWEETS @BangaloreMIRROR
In two years, Karnataka sent 130 elephants to various states across the country. While 56 tuskers were sent in 2020-21 period, 74 elephants were leased in 2022-23 to various states such as Uttar Pradesh, Jharkhand, Uttarakhand,

With all the elephant camps reaching maximum capacity... only option left with KFD is to send captive elephants to other states...

— city based conservationist

Chhattisgarh, West Bengal, Madhya Pradesh, Bihar, and Goa. Out of these elephants, 81 were males and 49 were females. Conservationists and

researchers expressed concern over why increasingly more elephants were being sent out of the state. According to Ramesh Belagere, a wildlife researcher at

the Foundation of Ecology and Education Development, in 2016-17, the Karnataka Forest Department sent only nine

CONTINUED ON PAGE 8 >>

Cafe for insects

Utilising up-cycled wood, innovative concept features dwellings for insects at Lalbagh



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Insects, small creatures you may not notice, are incredibly important to the ecosystem. They constitute the largest group of living entities on our planet, with a staggering diversity, awe-inspiring. Scientists have identified over 900,000 kinds of insects, and estimate a whopping 30 million distinct species. This motley crew include ants, fleas, termites, butterflies, moths, flies, bees, beetles, wasps, ladybugs, grasshoppers, and crickets, all of which play a vital role in maintaining the delicate balance of the food chain.

In a bid to conserve these tiny wonders, Vibhinna, an organisation committed to ecological conservation, has pioneered a solution: 'Insect Café' that launched at the Lalbagh botanical garden on Friday.

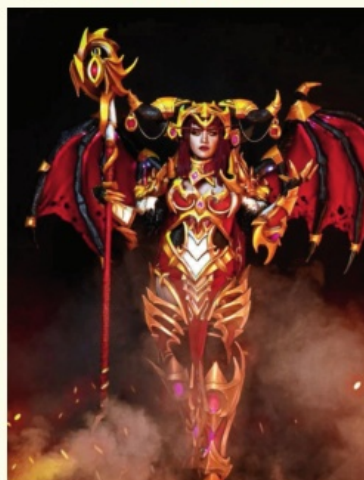
Utilising up-cycled wood, this innovative concept features various compartments tailored to create secure and inviting dwellings for a diverse array of insects, including bees, beetles, and woodlice. Some compartments even offer soil for burrowing, while bamboo provides an opportunity for these remarkable creatures to carve their own homes.

David Kumar, the CEO of Vibhinna said: "Massive urbanisation and commercial agriculture have threatened the existence of many kinds of bees that they hardly find safer habitations and nesting places

CONTINUED ON PAGE 4 >>

3 THINGS TO DO

01 Cosplay fun



Comic Con India is presenting the Annual Cosplay Workshop for Bengaluru fans. The event is welcoming cosplay experts, Medha Shrivastava and Sunil Choppala as hosts. The workshop

aims for an immersive experience like never before, taking the vibrant world of cosplay to new heights. The workshop is free and open to all. Where: Vapour, 773, HAL 2nd Stage, 100 Feet Road, Indiranagar; When: October 15; 1 pm to 4 pm



02 Get groovy

Grab the chance to watch a very mesmerising performance brought by Nrityakosh, a renowned oriental and fusion belly dance school. The dance production, Arabian Nights, is a retelling of the legendary 1001 Nights. The event aims to bring a unique focus to the powerful women within the cherished tales. Where: JSS Auditorium, Jagadguru Sri Shivarathreeswara Circle, 8th Block, 1st Main Road, Jayanagar, near Nethradhama Eye Hospital. When: Today; 4 pm and 7 pm

03 Art-felt thoughts

Kreative Minds in collaboration with Stone Street by BHive is organising an exclusive art exhibition and workshops on painting, craft and art therapy. Esthetique 2023, aims to celebrate the diverse world of art and creativity. The event welcomes art enthusiasts of all ages. Entry is free in the art exhibition. Where: Stone Street by BHive, Ground Floor (Covered Area), BTM Layout. When: Today; 10:30 am to 5:30 pm



All hail the queen

Artiste Shylaja dressed up as a Kuttur Rani Chennamma poses in front of Vidhana Soudha, during the Jyoti Yatra organised by Belagavi district administration and Department of Kannada and Culture as part of Channamma Kittur Utsav 2023 in front of Vidhana Soudha, on Friday

Scripting success

Bengalurean receives high praise at Cannes World Film Festival, earning awards for Best Action Film and Best Trailer

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TWEETS @BangaloreMIRROR

At just 26 years old, Rajath Rajanikath, a budding filmmaker and aspiring actor hailing from Hebbal, has achieved extraordinary recognition on the global stage. His outstanding 36-minute action featurette 'Survivor' garnered significant acclaim at the esteemed Cannes World Film Festival in 2023, securing accolades for both the Best Action Film and Best Trailer awards.

In 2016, he made the bold decision to discontinue his engineering studies to pursue his true passion for acting. Determined to learn the intricacies of filmmaking, he embarked on a degree in the field, setting the stage for his journey into the

length action film featurette (36 minutes) and got it premiered on Jio Cinema in three languages in September.

Rajath said, "It's a one-of-a-kind action movie, shot in Bengaluru, and we have pushed the limits of visual entertainment without having any big budget or professionals throughout this film. It's an action-packed chase involving a young man who acquires a set of skills without actually learning them from a botched medical experiment and uses those skills to survive and tackle the organisation that is trying to capture him for it."

Survivor made its grand premiere in September, but Rajath had already secured the Cannes World Festival award back in June. At the beginning of the year, he submitted his entry to the Cannes World Festival, and in June, his achievement was recognised. Notably, his movie was the sole Indian entry to receive this honour in 2023.

Rajath faced numerous challenges in bringing Survivor to life. He began crafting the script in 2021, aiming for a gripping action film. Working around his friends' availability for shooting, the process extended to seven months. With his unwavering dedication, Rajath handled editing, post-production, and sound design single-handedly. Securing an OTT platform like Jio Cinema was another hurdle, but it all proved worthwhile when he received awards before the film's release. In Rajath's words, "It has all been worth it."

"We have pushed the limits of visual entertainment without a big budget or professionals" — Rajath Rajanikath

world of cinema. Over the past four years, Rajath has dedicated himself to creating independent projects that have not only showcased his artistic talents but have also gotten him some recognition. One of his early works was a tribute to the popular movie Padmaavat. In this tribute, he remade the iconic song 'Binte Dil,' portraying the character of Khilji while constructing a similar set on his terrace, and it was acclaimed by the costume designer of Padmaavat and the cinematographer of the film.

During the lockdown, Rajath's short film, paying homage to the hit series Money Heist season 4, became an overnight sensation. This six-minute film drew praise from the director of Money Heist and its cast members, providing the encouragement he needed to start on his current project, Survivor. He and his friends did a medium-



Rajath Rajanikath has bagged a Cannes honour for his film Survivor

Embrace the vibrant vibes of Navaratri

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It is festive season folks, and you must be all set to celebrate Navaratri with unparalleled enthusiasm. For BM as for all of Bengaluru, Navaratri brings the joy of Navarangs, symbolising nine vibrant colours. Each of the nine days is dedicated to a specific colour, and women embrace the significance of the day by dressing up in that colour.



For many, these colours become a thread that binds neighbourhoods, families, and friends as women dress up in sync with the day's colour.

This Navaratri, spread the word among friends and relatives, and join the BM Navarang celebration. Capture moments with the colour of the day and share them with us. Ladies, this is your golden opportunity to shine in Bangalore Mirror by sending your group photo in sarees.

Colour code

October 15	-	Yellow	
October 16	-	White	
October 17	-	Red	
October 18	-	Blue	
October 19	-	Saffron	
October 20	-	Green	
October 21	-	Grey	
October 22	-	Pink	
October 23	-	Purple	

On MG Road, parking is too dear

Woman says parking attendant tried to palm off Rs 500 from her, falsely claiming her vehicle had been parked there for hours

I Y Maheswara Reddy
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TWEETS @BangaloreMIRROR

Pallavi Idoor, a nutritionist from RT Nagar, had no clue of what was in store for her when she parked her car on MG Road on Thursday evening. Idoor had parked the vehicle on MG Road for 20 minutes to visit a nearby shop along with her son. When she returned, she was shocked to see that one of the wheels of her vehicle had been locked.

"I know that I have to pay for parking on MG Road. I waited for some time and looked for the people in-charge of parking but there was no one in sight. I found the lock on one of the wheels when I returned, though I had paid Rs 30 by using UPI. I asked my son to ask the person to remove the wheel lock as I have already paid Rs 30 for parking the vehicle but the person demanded Rs 500 for parking for more than two hours," narrates Idoor.

Idoor said that she tried her best to explain to that person that she was at home two hours ago but he insisted that she pay Rs 500 claiming



that her vehicle had been parked there for two hours. After losing patience, she demanded that the person show the data that her vehicle was indeed there for two hours but the person allegedly refused stating that he did not have a sensor record. "I told the person that I am going to the nearest police station to lodge a complaint against him demanding extra money. I also told the person that I will get the CCTV footage from the police to know at what time my vehicle was parked on MG Road. I was shocked to come across the apathy of pedestrians and motorists. While I was arguing with that person, four motorists paid the

parking fee. They were aware of what was going on between the people in-charge for collecting parking fees and us but no one bothered to extend any support to us," she said.

Finally, the person in-charge of collecting parking fees removed the wheel lock after 20 minutes. "Motorists must ensure they get the parking receipt without fail. It is advisable for motorists to wait till the person in-charge for parking issues the receipt. I want to make it clear that these people do not know or understand the value of politeness. So, motorists will have to be assertive while talking to them," she said.

I-T dept recovers over Rs 42 cr during raids on contractors

The Income Tax Department has recovered more than Rs 42 crore in cash, stashed in a residential premise here, on Friday as part of its tax evasion searches against some Karnataka-based contractors and persons linked to them, official sources said.

The searches triggered a political slugfest between Karnataka's ruling Congress and the BJP ahead of assembly polls in five states.

Official sources said the searches are underway and the department has deployed cash counting machines and additional manpower to ascertain the final amount of cash recoveries. Officials said a large part of the cash was seized from a residential premise in the capital city of Karnataka that had no occupant and the money was kept stashed in cardboard boxes. The searches are continuing and till now more than Rs 42 crore in cash has been recovered.

The department is also investigating if this money, which appeared undeclared, was supposed to be pumped into neighbouring Telangana where assembly polls will be held next month, the sources said. **PTI**



Nisarga Charitable Trust Old Age Home (R)

It is a shelter for the homeless Koti Nagaraj as a garden of beautiful relationships of blossoming in in imagination there is no caste discrimination. Here it is place of hope for orphan relatives without relative discriminations of languages and regions. Here the mentally ill the disabled and those rejected by the society are sheltered places to her build their lives. It as a well equipped building with all facilities and medical good food clothes are beings supplied daily. This shelter is running here with



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Eclipse of war

The shadow of war is eclipsing humanity's prospects at the most critical juncture in its evolutionary timeline. The scale of the aftermath is so enormous that it could have been done away with.

Such needless distraction of a human-triggered catastrophe brings only loss, death and further penury to the most vulnerable peoples already made tiresome by mounting challenges and nevertheless profits to arms manufacturers and longevity to the world's autocrats and demagogues.

How swift was the global establishment and media to term a major conflict with a definitive backstory as 'war' is telling of the setting of the narrative of late.

More importantly the aforesaid is reflective of the base rhetoric of the digital bar-talk - a contagion - now spilling over and spreading to the societal realm and the disinformation spree that needs to be reined in on social media.

The penchant for rabble-rousing is seen across all sorts of media mind you at a time when another war is still raging in southeastern Europe. And now this, in the Middle East. Do we need more refugees at this instance?

Just as the atrocities of Hamas are condemned in the strongest possible words as innocent Israeli lives were brutally and mercilessly ended, one must ponder why the Israel-Palestine conflict has been brewing over the years; alongside, in all probability, be able to empathise too with the agony and fear of stateless peoples of the world.

That piece after piece of commentary was written with no compassion for the most vulnerable but pandering to the most powerful is pitiable even as some of it pointed to how unfit the Israeli PM is to oversee this so-called war.

In the same line, perhaps the press and the self-proclaimed agenda setters of the day, must wake up to the reality of how unfit the larger 'narrative' is against the bleak backdrop of the world's political and environmental uncertainties.

When 'fit' leaders of our time, conveniently benched by the establishment, utter words of wisdom, on the contrary, they are condemned for the sensibility they are pointing to even in such terrifying times.

As eloquently put in a recent documentary on a streaming platform hosted by one of the greatest naturalists of our time, a primary want of the living is the freedom to move: the seasons arising from the 23-degree tilt of the planet circumnavigating the Sun necessitates species to move about in search of food and so forth. To a certain extent, this was true for humans as well up until some time ago.

In stark contrast with this idea is the construct of humanity's



modern world with its boundaries - largely between the rich and the poor, the powerful and the vulnerable. The wars initiated by lobbies that benefit from the brutality are against this freedom of peoples to move. The created boundaries imprison the majority in the most vulnerable underdeveloped spaces on the planet - and now wars are set upon them. How terrifyingly cruel.

The media and politicians in the global south where most of the aforementioned 'imprisoned vulnerable populations dwell' are in a dilemma: where to toe the line as so many factors are at play in the ever tumultuous flux of the geopolitical dynamic? A kind of shadow puppetry by the world's elite that puts the majority of the global population at risk - of inflationary pressure, joblessness in the oligopoly of tech, and largely vulnerable to the fallout of the climate crisis amid dwindling resources and so on.

The pressure is so much to pander to the global neoliberal wrecking ball, you see as isolation amongst a set of ultra rich bullies is not an option.

At home, in a bizarre instance, over-a-decade-old case comes back to haunt author Arundhati Roy even as the global hunger index puts India at a dismal 111th position behind neighbours Pakistan and Bangladesh - somewhere the priorities need to be realigned for the most populous nation and democracy.

Fact is, we have to turn our collective gaze to the quick transformations occurring in the natural world rendered by the tear in the climate fabric and not use empty rhetoric to mount unnecessary wars that shall exacerbate crises.

Conveniently overlooked was the earthquake in Afghanistan that killed thousands as was the deluge in Libya - as the elite and aspiring younger generation of the world immerse themselves in therapeutic self-help on social media and self-proclaimed 'woke' news outlets that choose to ignore the real plight of humanity.

The formula is you lead with a war or wars - a couple of conflicts - followed by stories on how barbaric/uncivilised the global south is and flavour the rest with a lot of self-help for social media-battered individuals - this is a typical therapeutic news outlet of the day.

Plain news is a rarity just as it is not a priority.

Hurrah! Smart City, at your command

Officials say command centre up and running, while citizens seem to be unaware



Bangalore Mirror Bureau
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TWEETS @BangaloreMIRROR

Bengaluru Smart City Limited (BSCL) has finally rolled out the Integrated Command and Control Centre (ICCC) to address public grievances after months of delay. However, BSCL officials say while ICCC is up and functional, it is yet to be launched formally.

"We recently completed the pilot study and the committee has given a go-ahead to the project. The facility has already started working and we are receiving many complaints. While we are already live functionally, the last bit of paperwork for the official launch is yet to be completed. That is expected to be done within a couple of days," said a senior official at BSCL.

While the facility is operational, BSCL officials say they are ironing out the last few creases. Since ICCC has brought in 14 line departments, including key agencies like BBMP, BWSSB, BESCOM, KSPCB, BMTC, and BTC, under the same roof, dependency on these departments is very high, leading to last-minute hiccups.

"We are ironing out the last few hiccups and we are progressing. Citizens are already dialing and registering their complaints about all 14 departments. Since the base systems in case of some of these departments are not ready yet, we are going ahead with alternate integration. However, most of them such as BBMP, BESCOM, BMRCL, BTP, and KSPCB are already completely integrated. We have begun monitoring KSPCB's sensors and

It is easy to claim that the facility is live and working. BSCL should give examples of action taken through it —Susan P, citizen

started feeding in the dashboard. Notifications regarding high levels of air and noise pollution are also being sent out to the authorities concerned," informed the official.

The integrated command centre aims to streamline data collection, collaboration, and analysis for improved urban planning and development. Moreover, the center is expected to serve as an incident and emergency management solu-

tion for daily operations, allowing for data integration, correlation, and analysis from various sources to expedite decision-making and enhance response times.

Citizens unaware

While BSCL claims that the facility is already live and receiving complaints, many citizens that BM spoke to said they were not aware that the centre is already taking complaints.

"I take up civic issues in my area and raise complaints with various agencies regularly. However, I am not aware that ICCC is up and functional. The onus is on BSCL to ensure that citizens are aware of this facility. Otherwise, crores of rupees spent on the system will go to waste. While putting up posts on social media is one way of going about it, it cannot be a reliable platform to disseminate such information," said a resident of Vasanth Nagar.

"It is easy to claim that the facility is live and working. But BSCL should provide some instances of action taken through ICCC. While the center is created by a smart city, many of the issues plaguing smart city roads are still unsolved. I am not aware that the centre has started functioning," said Susan P, another resident.

A dwelling for insects at Lalbagh

CONTINUED FROM PAGE 1

such as permeable soil, woods and so on. Their decline might threaten the process of pollination and the food-chain. Hence conserving the species is very important. While only a few bees make hives and honey, there are millions of solitary bees that live alone but play an important role in the environment, hence they need a nesting place. Bumblebee, carpenter bee, mason bee, miner bee, ivy bee and cuckoo bee are commonly sighted at Lalbagh; having the cafe for insects at Lalbagh would be essentially useful."

Dr Jagadish, the joint director horticulture department, said the



large space of Lalbagh with trees and shrubs, lots of bees, butterflies and insects are needed to pollinate and keep the ecosystem sound. "While insects such as ladybirds tackle aphids, several other insects provide nourishment to birds. Hence Insect Café is relevant and an apt method to provide safer habitation for insects," he added.

According to Kumar, the Insect Café is their response to the urgent need to protect the tiny yet mighty bees, beetles, and butterflies that silently secure our food supply through pollination: "We aspire to introduce Insect Cafés in lakes, forests, and parks, where insects are most vulnerable due to urbanisation."

Touch of technology for healthy delivery

Assisted reproductive technologies are a boon for couples who wish to start a family

Lifestyle modifications and careful evaluation of underlying infertility causes can significantly improve IVF success rates. While in-vitro fertilisation (IVF) pregnancies are considered high-risk, advanced obstetric medical care and NICU support in multi-specialty hospitals enhance the chances of a successful conception and healthy delivery. Experts say that age is a non-modifiable factor affecting IVF success. Women over 35 may experience reduced fertility due to declining egg quality and quantity. Conversely, younger women generally have higher success rates with IVF. Similarly, men over 50 may experience a decrease in semen quality, contributing to lower success rates. Identifying underlying causes of infertility, such as chronic inflammation, endo-



Lifestyle changes can help greatly impact IVF success rates

metriosis, PCOS, fibroids, or fallopian tube issues, is crucial for providing timely care during IVF preparation. With advancements in technology, assisted reproductive technologies have become a boon for couples who wish to start a family. In-vitro fertilisation has become a beacon of hope for

couples struggling with infertility. However, there are several myths surrounding IVF that have caused misconceptions and anxieties among prospective patients. The first myth is that IVF is an excruciatingly painful procedure. Experts say that while IVF does involve injections and medications, recent advancements in

drug delivery have reduced the size of needles, thereby minimising discomfort. The purpose of these injections is to stimulate the ovaries to produce more eggs, leading to mild abdominal bloating, distension, and nausea for a few days. However, with proper monitoring by experienced physicians, these side effects can be effectively managed.

Experts debunk myths
The second myth is that undergoing IVF necessitates quitting one's job. This is not true. By communicating their work schedule to the doctor, patients can have their treatment personalised to accommodate their job commitments. Scan schedules and injections can be adjusted, allowing individuals to continue working during the IVF process. The third myth is that babies conceived through IVF are more likely to be abnormal. Experts clarify that IVF is primarily a method to facilitate fertilisation, and it does not significantly alter the genetic makeup of the embryo. The chances of congenital malformation or genetic abnormalities in IVF-conceived babies are comparable to those conceived naturally. The fourth myth is that IVF always results in multiple pregnancies. Experts reiterate that while multiple pregnancies were more common in the past due to the transfer of multiple embryos, current guidelines advocate limiting the number of embryos transferred to one or two whenever feasible. This approach helps reduce the likelihood of multiple pregnancies. There is also a myth that complete bed rest is necessary after embryo transfer. Experts say that recent studies indicate that complete bed rest after embryo transfer provides no additional benefits. In fact, it may have a negative impact. However, activities that strain the body, such as lifting heavy weights and jumping, should be avoided.

-Prakash VL







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FAST TRACK TO PROSPERITY

Tunnel road proposal set to reshape realty landscape

The proposed tunnel road is expected to boost property values around Bengaluru significantly. Realtors stress that, given Bengaluru's recent absence from major state government projects, the tunnel road, if implemented, could be a game-changer. It promises to revolutionise travel from the city centre to the outskirts within minutes, providing substantial benefits to those who prefer residing on the city's periphery.

According to the State Government, the planned tunnel road spans a length of 190 kilometres.

The project includes a tunnel road from Ballari Road to Old Madras Road, covering Kensington Road, Murphy Road, and Old Madras Road (14 km); Mehkri Circle to Chalukya Circle (7 km); Trinity Circle to Hope farm via Budigere and KR Puram (25 km); ASC Junction to Yamalur (18 km); Sarjapur road from Hosur road to Sarjapur (10 km); Vellara junction to Silk Board (6 km); Bannerghatta road from ORR to Bannerghatta road (17 km); Kanakapura road from Krishna Rao park junction to NICE road (15 km); Mysuru road from Sirsi circle to NICE road (10 km); Magadi road (from Leprosy junction to NICE road) (12 km); Tumakuru road from Yeshwanthpur junction to BBMP limits (10 km); and tunnel roads on the outer ring road between Goraguntepalya to KR Puram, KR Puram to Silk Board, and Silk Board to Mysore road.

Realtor Chetan Gowda said, "Considering the property growth in Bengaluru, many are investing in the outskirts due to congestion in the core city. The major concern is commuting from the outskirts to the city centre."



Large-scale projects like the Metro or elevated corridors can alleviate traffic concerns. With the Peripheral ring road pending, the tunnel road could be a game-changer, facilitating quick travel from one end to another with minimal land acquisition since the project goes underground."

Shyam Devaraj, another realtor, added, "The proposed tunnel road spans across Bengaluru, aligning with the city's growth in all directions, and is poised to drive further urban expansion and property growth."

— Prakash VL

“Considering the property growth in Bengaluru, many are investing in the outskirts due to congestion in the core city. The major concern is commuting from the outskirts to the city centre

— Realtor Chetan Gowda

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Flocking to greener pastures in suburbs

Over many years, people buying homes have been drawn to the vibrancy of city centres and conveniently located suburbs. But things are starting to change; homebuyers are now chasing a better standard of living. As a result, builders are also turning to the peripheries to build larger, spacious homes to suit modern living.

While elaborating on this trend, Anuj Puri, Chairman of Anarock Group, says, "Compared to the city centre, the outskirts offer larger spaces at lower prices, making them a preferred location for both homebuyers and developers. According to our research, the number of enquiries for larger homes increased by 40 per cent, with a majority of property seekers now preferring three-BHKS (avg. 1,800 sq ft built-up area) as opposed to the traditionally favoured two-BHKS."

Moreover, the current buyers are mostly working couples with kids who are more than happy to settle in peripheral locations as they offer them the opportunity to secure bigger homes and lead a better lifestyle without burning a hole in their pockets."



"With urbanisation on the rise, more people are keen on settling in the suburbs. This increasing demand will naturally lead to an increase in property values in the future. Besides, people with good foresight are aware of the potential for future growth in these fringe areas. Consequently, it's no surprise they are eager to invest early," adds Ayushi Ashar, a member of the managing committee of MCHI-CREDAI.

Just like we are seeing more people wanting to live in the outskirts, the business demand in those areas is growing as well. Why, you ask? Well, these areas often have lower buy-in costs and more space available. Besides, commercial properties usually offer higher rental yields compared to residential ones. Thus making it an exciting proposition for investors to park their money in. **BMB**

Bengaluru's affinity for luxury homes grows

27% of new housing units belong to luxury category

The demand for luxury houses in Bengaluru has seen a significant uptick. Recent data indicates a notable increase, with approximately 1,710 new luxury housing units launched in Q3 2023, a sharp rise from the 290 units unveiled during the same period in 2018.

According to the latest report by ANAROCK, out of the 1,16,220 units introduced in Q3 2023 across the top 7 cities in various budget categories, around 27% (approximately 31,180 units) belong to the luxury category. This surge represents the market's highest quarterly supply of luxury housing over the past five years.

In comparison, during Q3 2018, the share of luxury housing supply was merely 9%, accounting for about 4,590 out of the approximately 52,120 units launched across different budget segments.

Prashant Thakur, Regional Director & Head - Research, ANAROCK Group, says, "Developers have been bullish about the luxury homes segment because of its excellent performance after the pandemic, with overall sales rising steeply across the top 7 cities."

Post-pandemic, homebuyers have been seeking bigger homes, and apart from high-end amenities and a good location, luxury housing is primarily

defined by generous floor space. ANAROCK's most recent consumer sentiment survey also reflects this trend. In the pre-Covid survey edition (H1 2019), 9% of respondents preferred luxury homes priced greater than Rs 1.5 Cr, while in the current edition of H1 2023, this share has risen to 16%."

While the luxury housing supply continues its bull run, affordable housing (homes priced at or under INR 40 lakh) has further reduced to 18% in Q3 2023.

Of the approximately 1,16,220 affordable homes launched in the quarter, around 20,920 were in the affordable category. In the corre-



sponding period in 2018, this segment's supply share was a whopping 42%.

The report added that of the approximately 52,120 units launched

across the top 7 cities in Q3 2018 across various budget categories, around 21,900 units were in the affordable segment.

— Prakash VL

PRM/KA/RERA/1251/310/PR/150223/005721

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Battle for safe commute

Citizens suffer as vital road section of Meenakshi Layout remains neglected, affecting daily commute

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Despite their substantial tax contributions, residents of Meenakshi Layout in Hagadur ward continue to grapple with impassable roads. A specific section of the Meenakshi Layout road remains unasphalted, posing challenges for emergency services, such as ambulances, and the daily commute of school children.

Long-term residents of Meenakshi Layout have endured the absence of fundamental road infrastructure for years. While most of the road has been asphalted, a segment remains neglected due to an ongoing dispute involving a private party claiming ownership rights. Residents say that the road becomes unmotorable and dangerous during the rainy season. Additionally, residents also complain that there is no water or UGD connection.

"For the past 10 years, we have been trying to get the stretch of road asphalted. Before elections, BBMP asphalted the stretch but left out this part. Due to the potholes and muddy roads, it has become difficult for children and women to walk. The 200 m stretch has become dangerous for motorists. With rains, now vehicles refuse to come," said Lawrence, a resident.

Due to the recent rains, the road has become slushy, and children have stopped going to school for a few days, say residents. With school buses stopping at the main road,

parents must carry children on their heads or commute with e-commerce mini trucks. A senior citizen had to postpone his cardiac checkup due to the dire condition of the road. Ambulances also struggle to enter the stretch. According to residents, an average of Rs 20,000 tax is being given by each house, but infrastructure remains below the mark. Residents allege that a private party is now claiming ownership of the road and is asking residents to pay crores of rupees to hand over the road.

"This layout was formed around 1980, and all documents show the road. But since 2015, a private party has been claiming ownership of the road. He has been preventing BBMP from laying the road. There are 5-6 feet deep potholes. Previously, we

“Due to the potholes and muddy roads, it has become difficult for people to walk. With rains, now vehicles refuse to come” — Lawrence, a resident

used to fill them with mud, but we were not prevented from doing so. Recently, we filled the potholes with mud, but the private party removed it and left even deeper ones."

Residents question why BBMP is not taking any action despite giving a written complaint. They also tried to file a police complaint but allegedly were refused. To protest the issue, residents also gathered in a peaceful protest. Residents say the



With school buses stopping at the main road, parents have to carry kids in their arms or commute with e-commerce mini trucks

incomplete road work has denied them the Cauvery line, UGD, and GAIL connections.

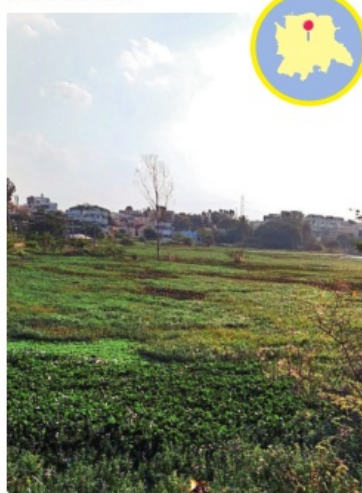
"Even though water is being pumped from Survey number 44 to nearby Sissapura village, we don't get a water connection. Most people have borwells and are dependent

on them. We are not getting any water tankers from BBMP either," said JC Reddy. "There is a court case pending on the land. Until the case is cleared, we won't be able to do anything," said Clement Jayakumar, Secretary of Mahadevapura Task Force (Mobility).

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Neglected beauty
KR Puram



Lack of maintenance plagues Kithiganur Lake, raising concerns about its environmental health and overall well-being.

Safety alert
RV Road



The BESCOM panel board located near RV Public School on RV Road is in a precarious state, posing a significant risk to pedestrians, particularly school children.

Pavement puzzle
Vijaya Bank Layout



The recently constructed pavement adjacent to the playground in Ayyappa Temple Road (5th Main), Vijaya Bank Layout, is experiencing difficulties due to the temporary relocation and subsequent return of eateries.

Elephant run: Why so many are sent out

CONTINUED FROM PAGE 1

elephants and in 2017-18, 31 jumbos left the state. "The recommendation to send elephants to other states to be used by forest departments was given by us after we conducted a study on captive elephants in Bandipur Reserve in 2014. It was based on our observation of the carrying capacity of various elephant camps in the state. All the camps were bustling with captive elephants and the department was struggling to manage with limited resources. Having said that, the number has surely gone up and is a worrying trend," said Belagere.

The increased number of jumbos being made captive and sent out is because of the rise in incidents of human-elephant conflicts, say experts. Moreover, as more elephants are being caught from high conflict zones, the elephant camps in the state have already hit maximum capacity.

According to the data from KFD, there are currently 103 elephants in 10 elephant camps across Karnataka. AM Gudi camp in Bandipur division currently holds 20 captive elephants, Sakrebyle in Shivamogga has 20 elephants, Mattigodu elephant camp in Nagarhole has 18 elephants, Beemanakatte elephant camp has five elephants, Doddaharave Kaveri elephant camp has a single elephant, Belle in Nagarhole has four jumbos, Phansoli in Dandeli division has four, K Gudi in BRT has one, and

Dubare and Harangi in Madikeri division have 22 and eight elephants respectively.

"With all the elephant camps reaching maximum capacity in terms of resource availability, the only option left with KFD is to send captive elephants to other states. The only solution here is to reduce the elephant-human conflict," said a city based conservationist.

Experts said such a high number of elephants being captured, with the majority being males, will impact the genetic health of wild elephants, adversely affecting elephant conservation. They stressed on the exponential spread of invasive plant species taking a toll on the natural habitats and feeding grounds of elephants is yet another factor aggravating human-elephant conflict incidents leading to more elephants landing in the camps.

"Elephants are being captured by KFD left, right, and centre. The negative impact of restricting so many elephants in captivity will surface over some time due to the loss of genetic diversity. Moreover, invasive plant species have blanketed most of the forest landscape leading to scarcity of lush fodder for elephants. While the department has started removing these plants, it is happening at a much smaller scale due to the lack of manpower and other resources," said Joseph Hoover, former State Board for Wildlife member and founder of the United Conservation Movement and Charitable Trust.

Bengaluru Airport's dual stop solution

Senior officials from the Rail Infrastructure Development Company (Karnataka) Limited have said that the city's airport will have two stations on the Sampige Line of the 148.17-km Bengaluru Suburban Railway Project (BSRP). The original Detailed Project Report (DPR) proposed only one station within the airport premises under the Sampige line. However, officials have now decided to incorporate a second station to serve the needs of employees and others.

According to the DPR, the first station is set to come up close to the airport terminals in the parking lot. The second one is likely to be built next to the junction of the Hennur-Bagalur-Begur road. However, the first station will be larger in size to accommodate passenger requirements. The second station has been proposed as the area around the airport will likely see massive development, naturally increasing traffic flow. The airport will also be getting two metro stations under the Blue Line. The central PSU RITES Limited has completed a survey for the 5.5-km airport link under the suburban railway project. It has looked into the various aspects of the project — BMB

Startup power: Starting at a young age

CBSE plans to train students in entrepreneurship, critical thinking, and innovative solution design

Sridhar.Vivan
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TWEETS @sridharvMIRROR

Soon, students studying in schools will be oriented and encouraged to start their own startups. With the theme of catching them young, the students studying at the Central Board of Secondary Education (CBSE) will be trained in entrepreneurship, design, critical thinking, and innovative solution design by setting up innovation councils.

CBSE's Director (Skill Education) Biswajit Saha said, "The School Innovation Council (SIC) committee plays a pivotal role in fostering an environment of ideation, innovation, and entrepreneurship (IIE) in schools across the nation. Schools are mandated to establish the SIC committee, comprising various members whose details must be submitted during the School Innovation Council registration on the SIC website."

The Ministry of Education's Innovation Cell advocates for the establishment of SICs in all secondary and higher secondary schools,



The SIC committee plays a role in fostering an environment of ideation

including CBSE-affiliated foreign schools. Any school affiliated with educational boards, including state boards in India, can establish and register the School Innovation Council on the SIC website, he added.

He said that the implementation of SIC is driven by both MIC (Ministry of Education's Innovation Cell) activities and self-driven activities. MIC activities include the crea-

tion of an 'innovation wall' in schools, where students can showcase their innovative ideas. The School Innovation Council committee conducts biannual meetings for planning and coordinating activities. Schools are encouraged to engage in ideation, innovation, entrepreneurship, intellectual property rights (IPR), and startup-related activities in addition to SIC calendar activities and MIC-driven activities.

The expected outcomes of established School Innovation Councils include strengthening the IIE ecosystem

—Biswajit Saha, CBSE's Director (Skill Education)

The SIC implementation organisation involves the Ministry of Education's Innovation Cell, the All India Council for Technical Education, and the CBSE.

To encourage students to take up the projects competitively, a credit point system is introduced to evaluate the performance of SICs based on activities such as SIC calendar activities, MIC-driven activities, and self-driven activities. The credit points contribute to a star rating system, with higher-rated SICs acknowledged as top performers.

"The expected outcomes of establishing School Innovation Councils include strengthening the IIE ecosys-

tem, creating awareness of IIE-related concepts, aligning with higher education needs, extending existing innovation and entrepreneurship infrastructure to schools, preparing schools to support students' ideation and entrepreneurial initiatives, and guiding schools to create sustainable ecosystems," Saha explained.

The process of establishing the School Innovation Council involves the initiation by the Executive Representatives (principal or vice principal) of the school, who will register the SIC committee. Schools registered for the School Innovation Ambassador Training Programme will be automatically upgraded to SICs, he informed.

The initiative addresses the need for a shift from rote learning to a focus on creativity, design thinking, ideation, innovation, and entrepreneurial mindset in the school education system. Aligned with the NEP 2020, the School Innovation Council aims to connect the IIE ecosystem at the school education level with higher education, fostering a sustainable culture of innovation and entrepreneurship.

Centre to allocate Rs 150 crore for movies

Ministry of I&B aims to encourage producers and directors

Y Maheswara Reddy
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TWEETS @BangaloreMIRROR

The Ministry of Information and Broadcasting has allocated Rs 150 crore to encourage and support producers and directors who want to produce movies with the National Film Development Corporation (NFDC), according to Union Minister of Information and Broadcasting Secretary Apoorva Chandra.

Speaking after inaugurating the 6th edition of the Innovative International Film Festival at the Innovative Film Academy on Thursday evening, Apoorva Chandra said the NFDC has already produced 10 movies with movie makers. "We have allocated Rs 150 crore for this purpose and have already committed Rs 15 crore to produce movies with movie makers. I want Kannada movie makers to come forward to produce movies with the NFDC," said Chandra.

He said that many were of the opinion that the covid 19 and over-the-top (OTT) platforms would be a death knell for the film industry in the country. "Now, people want to watch movies in theaters. South Indian movies such as Kantara, Pushpa, and other movies made people come to theatres to watch movies,"



Rishab Shetty was felicitated

We have allocated Rs 150 crore for this purpose and have already committed Rs 15 crore to produce movies with movie makers —Apoorva Chandra

he added.

Around 150 movies from different languages are expected to be screened during the festival, which is to be concluded on October 15. Veteran director and producer SV Rajendra Singh Babu was felicitated with a lifetime achievement award. Rishab Shetty was felicitated with the best director and best film awards, while Rakshith Shetty was felicitated with the best actor award.

Thanking the organisers for felicitating them with the best

director and best film awards, Rishab Shetty appealed to the Union Information and Broadcasting Secretary to facilitate marketing facilities for Kannada movies. "The market facilities for Kannada movies on Film Bazar and OTT platforms are not encouraging. I want you to take measures to encourage and support Kannada movies," said Rishab Shetty. He added that the success of his movie Kantara goes to Kannada moviegoers, who are responsible for its success in Karnataka. "The success of the movie in Karnataka helped it become a success in other languages. I want to thank Rakshith Shetty, who gave me the opportunity to work as an associate director for his movie Ulidavaru Kandante. That opportunity made me become an independent director," he said.

Rakshith Shetty, who was adjudged the best actor, has recalled how he struggled during the shooting of 777 Charlie. "Director Kiranraj used to make me take 40 takes for a single scene as we do not know whether the dog, Charlie, is in a mood to meet the director's expectations. It took 164 days to complete the shooting," he said. Bharathi Raja, and many from the Kannada, Telugu, Tamil, and Malayalam film industries attended the function.



BENGALURU SPEAKS

and gets heard on this page

STORY BEHIND THE PHOTO



PREY AND THE PREDATOR

An Asian green bee-eater juggling with the caught dragonfly early morning at Kannamangala Lake

The picture was clicked by
BM reader
Chandan Sarkar

If you have a picture and a story to share, send us the picture with your name and number at mybangaloremirror@timesgroup.com

DID YOU KNOW?



Ranga Shankara is one of the most popular theatres in Bengaluru. Located in JP Nagar, the auditorium was opened in memory of Shankar Nag, who was a well-known actor in the Kannada film industry. It is said that it was his dream to come up with a space for theatre that could be easily accessed by theatre lovers in the city. It is run by Sanket Trust. Architect Sharukh Mistry is known for designing this theatre. It was opened to the public on October 28, 2004. In the present day, various theatre groups and artists have chosen this theatre as a venue to express their art. It also has a café, which is open from 11 am to 9 pm and serves some of the popular food items.

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Let's see how much you know about Namma Bengaluru, folks. Tell us something incredible and mind-boggling about this beautiful city and our editors and researchers will check it out. If it's credible, we'll give it a shout-out, with your name and picture.

TAP THE CHATTER

where Bengalureans speak their mind

What would you recommend to someone visiting Bengaluru for the first time to make the most of their trip?



Sathvik S Rao, BM Reader

Nandi Hills is one of the best and most picturesque places to visit in Bengaluru. MG Road is one of the busiest roads in the city and is loved by many. You get to see many different and unique stores here.



Jeevan Mahesh, BM Reader

Explore the diverse Lalbagh Garden, delve into history at Tipu Sultan's Summer Palace, enjoy shopping and dining in lively Koramangala, and experience the vibrant nightlife on Church Street. Try street food at VV Puram, savour traditional cuisine at iconic eateries.



Shruti Shashidhar, BM Reader

Eat! It's one of the things to do in Bengaluru. Visit Lalbagh and Baevu: The Village. Eating and exploring restaurants are really the highlights of the city.



Sumanth, BM Reader

Coming from New Zealand, I'd recommend a stroll through Church Street, unwinding at Cubbon Park, sampling the city's breweries, and a visit to the Leela Palace. These are my personal Bengaluru favourites.



Dhirav TM, BM Reader

Explore Lalbagh Garden for its serene beauty. Don't miss the vibrant markets like Commercial Street and Brigade Road for shopping and cultural experiences. And last but not least, for the nightlife, do explore MG Road and Indiranagar, which are accessible by metro.



Nikhil Davanam, BM Reader

Visit the iconic landmarks, indulge in the local cuisine, experience the city's nightlife, and connect with the locals.

SPEAK TO US

What's your favourite local cuisine or restaurant in Bengaluru? Name some dishes people must try here.

If you want to be featured in this section, mail us your answer to this question, in 25 words, with 'Tap The Chatter' in the subject line. Mail us with your name, occupation & a picture at mybangaloremirror@timesgroup.com or WhatsApp us on 9591233247

Watch out for the pit here!

Citizens complain about inconveniences caused by dug-up pit on linking road between Karthik Nagar and Marathahalli

The road linking Karthik Nagar and Marathahalli, towards the AECS layout, has a new nightmare. There's a huge pit dug about 7 feet, which blocks the entire road and makes it extremely inconvenient for pedestrians and vehicle owners to cross the road. This enormous hole, which appeared seemingly overnight, has thrown the daily lives of pedestrians and vehicle owners into disarray.

The digging of the pit started about three weeks ago, and a board near it mentions 'Railway Work in Progress' as the road is near a railway track. Though it is for the development of the railways, it has caused an immense amount of inconvenience for the citizens as they have to take a detour of about two kilometre to reach the other side of the road. Bala Murali, a resident of AECS Layout, said, "I've seen an earthmover and only

about two or three people working at the site. There is hardly any progress that can be seen. It causes a lot of trouble for us to just cross over to the other part of the road."

The lack of visible development on this site has only increased the residents' concerns. With only a handful of people working on the site, the pace of progress has had

a negative impact on the locals. As residents wait for a resolution, the delays and continuous rains take a toll on their everyday lives. Until swift action is taken, the people of Karthik Nagar and Marathahalli remain trapped in a situation where progress seems to be moving at a snail's pace, if at all.

— Sanjana Rao



The digging of the pit started about three weeks ago; the lack of visible development on this site has only increased the residents' concerns



AGE NO BAR

Steep physical decline with age can be stalled by strength training

Raise your hand if you regularly find yourself walking up a flight of stairs. What about carrying heavy bags of groceries? How about picking up your child or grandchild? Most of us would raise our hands to doing at least one of those weekly, or even daily.

As people age, it can become more and more difficult to perform some physical tasks, even those that are normal activities of daily living. However, prioritising physical fitness and health as you get older can help you go through your normal day-to-day routine without feeling physically exhausted at the end of the day.

It can also help you continue to have special memories with your family and loved ones that you might not have been able to have if you weren't physically active. For example, I ran two half-marathons with my dad when he was in his 60s!

I am an exercise physiologist who studies how people can use resistance training to improve human performance, whether it be in sports and other recreational settings, in everyday life, or both. I am also a certified strength and conditioning specialist. My career has given me the opportunity to design exercise programs for kids, college athletes and elderly adults.

Staying physically active as you get older doesn't need to include running a half-marathon or trying to be a bodybuilder; it could be as simple as trying to get through the day without feeling winded after you go up a flight of stairs. Although our muscles naturally get weaker as we age, there are ways we can combat that to help improve quality of life as we get older.

Muscle loss and chronic disease

One of the most important parts of exercise programming, no matter who I am working with, is proper resistance training to build muscle strength. Some amount of age-related loss of muscle function is normal and inevitable. But by incorporating resistance training that is appropriate and safe at any ability level, you can slow down the rate of decline and even prevent some loss of muscle function.

The medical term for a condition that involves age-related loss of muscle function and mass is sarcopenia. Sarcopenia can begin as early as age 40, but it tends to be more common in adults age 60 and older. Sarcopenia is associated with a number of health issues such as increased risk of falling, cardiovascular disease and metabolic disease, among others.



In one of our team's previous studies, we saw that otherwise healthy individuals with sarcopenia had issues delivering vital nutrients to muscle. This could lead to greater likelihood of various diseases, such as Type 2 diabetes, and slow down recovery from exercise.

Recent estimates suggest that sarcopenia affects 10% to 16% of the elderly population worldwide. But even if a person doesn't have clinically diagnosed sarcopenia, they may still have some of the underlying symptoms that, if not dealt with, could lead to sarcopenia.

Strength training is key So the question is, what can be done to reverse this decline?

Recent evidence suggests that one of the key factors leading to sarcopenia is low muscle strength.

In other words, combating or reversing sarcopenia, or both, may be best done with a proper resistance-training program that prioritizes improving strength. In fact, the decline in muscle strength seems to occur at a much faster rate than the decline in muscle size, underscoring the importance of proper strength training as people age.

Continuing to regularly strength train with moderate to heavy weights has been shown to be not only effective at combating the symptoms of sarcopenia but also very safe when done properly. The best way to make sure you are strength training properly is to seek out guidance from a qualified individual such as a personal trainer or strength and conditioning specialist.

Despite the clear benefits of strength training, it's been shown that only about 13% of Americans

age 50 and older do some form of strength training at least twice a week.

Finding what works for you

So how does a person properly strength train as they age?

The National Strength and Conditioning Association, a leading organisation in advancing strength and conditioning around the world, states that for older adults, two to three days per week of strength training can be incredibly helpful for maintaining healthy muscle and bone and combating a number of chronic conditions.

The organisation recommends that these workouts involve one to two exercises involving multiple joints per major muscle group, with six to 12 repetitions per set. These are done at an intensity of 50% to 85% of what's known as one-repetition maximum – the most weight you could handle for a single repetition – with the exception of body weight exercises that use one's own body weight as the resistance, such as pushups.

I would also recommend resting for about two to three minutes between sets, or even up to five minutes if the set was challenging. For older adults, particularly those age 60 and older, the National Strength and Conditioning Association guidelines suggest that a program like this be performed two to three days per week, with 24 to 48 hours between sessions.

Making life's tasks lighter

The guidelines above are only one example out of many options, but they provide a framework that you can use to build your own program. However, I would highly recommend seeking out a professional in the field to give specific exercise programming advice that can be tailored to your own needs and goals as you age.

Following such a program would give your muscles an excellent stimulus to enhance strength, while also allowing enough recovery, a very important consideration as people age. You might think it looks like a huge time commitment, but an exercise routine like this can be done in less than an hour. This means that in less than three hours of strength training per week you can help improve your muscle health and reduce the risk of getting sarcopenia and associated health issues.

It's also important to note that there is no one right way to do resistance training, and it needn't involve traditional weight equipment. Group classes like Pilates and yoga or those that involve circuit training and work with resistance bands can all produce similar results. The key is to get out and exercise regularly, whatever that entails.

(Zachary Gillen, Mississippi State University, for The Conversation)



All you need to know about...

Mental health & workplace

Mental health disorders

Mental health problems and mental disorders are common in the working population and 15 per cent of adults of working age experience mental health disorders -- with depression, anxiety and substance abuse being the most common, according to a significant paper on the workplace as a major determinant of health published in The Lancet.

Hurdles at work

Workers with mental health disorders are at increased risk of sickness absence, unemployment, permanent exit from employment, and lower lifetime income, which, in turn, can exacerbate mental disorders.

Focus on work environments

Mental disorders incur substantial costs for workers, employers and the whole of society. Carried by Ireland-based University College Cork (UCC) researchers for the Lancet series on work and health, the paper that came out on Thursday illustrates that major progress in population health can be made by an increased focus on improving people's work environments.

What can be done?

"Workplaces have huge potential to influence mental health by promoting the positive aspects of work and providing safe, non-discriminatory support for those showing signs of mental health problems," said Birgit Greiner from UCC School of Public Health. The report outlined recommendations for decision-makers to support safe work. "Governments need to ensure that the workplace is an integral part of their mental health strategies. Policymakers at local, national and international levels need to regulate and control working environments -- evidence suggests an increased risk of mental health problems and mental disorders in adverse conditions," says the paper.

— IANS

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Officer/Manager**

Responsibilities include
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Cushman & Wakefield -
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 Email - **sreenadha.reddy@
cushmanwake.com**

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personal

CHANGE OF NAME

I, Rupali Ashwin Nandurkar
 W/o Ashwinikumar Jagannath
 Nandurkar R/o Sraddha
 Residency, Flat No. G-1, 15th
 Cross Neeladri Nagar, Electron
 -ic City, Ph-1, B'lore-560100 have
 changed my name to Rupali
 Ashwinikumar Nandurkar .

I, MADHU K. residing at no. 07,
 1st main, 11th cross, Gayathri
 mandir Road, Kengeri satellite
 town, B'lore-060, have changed
 my name from MADHU K to K
 L MADHUGOWDA, sworn
 before notary Mr. Ravi at
 B'lore, vide affidavit dt.
 11/11/23.

I, Apsara Pasha Anwar
 Harohalli Anwar. s/o. Anwar
 Pasha. R/o #552, 30th B Cross,
 Tilaknagar, Jayanagar,
 Bengaluru-560041, have
 changed my name to Apsara
 Pasha for all Purposes.

I, Gayithry Seshadri W/o
 Seshadri C G, R/at # 54, sy 58,
 Aditya Layout, bngarappan -
 agara Rd, Rajarajeshwari
 Nagar, Bengaluru, 560098 have
 changed my name to Gayithry
 for all purposes.

I Manisha Bhagwandas
 Bhattad D/O, Bhagwandas
 Bhattad R/o B211 Svs Palms 2
 Chinnapanahalli Main Road,
 Marathahalli - 560037 have
 changed my name to Manisha
 Bhattad.

I Isaac Abhilash A S/O, A
 Abhisalam R/o 408 6b Main
 Kalyan Nagar 2nd Block
 Bengaluru 560043 have changed
 my name to Isaac Abhilash
 Ayyala.

I Syed Shahabuddin R/o No
 F05 Hallmark Apartment
 Wheeler Road Frazer Town
 Bangalore 560005 have changed
 my name to Syed Shuhabuddin
 for all purposes

I, Mesha Kaul D/O, Suresh
 Kumar Koul R/o J.s Sunflower
 Apartment Ananthapura
 Road Yelahanka Bangalore
 have changed my name to
 Mesha Koul for all purposes.

LOST & FOUND

I, SHASHIKALA L D/o M.
 Krishnamurthy, Resident of
 Bangalore would like to inform
 general public that I have
 misplaced my Property Posse
 ssion Certificate Bearing. No
 2371, Dated 13.05.1991. If
 anybody found kindly contact
 me at Mobile no. 98886 07872.

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Men's 5,000 m final: Bizarre finish to race

6 runners at finish line almost together; 0.25 sec to win

In a bizarre incident, six runners finished the men's 5,000m final almost together with the winner ahead of the sixth-place finisher by just 0.25 seconds on the third day of the National Open Athletics Championships in Bengaluru on Friday.

Murli Gavir of Gujarat won the race with a time of 14 minutes 8.49 seconds while Services runners Gaurav Mathur (14:08.54s) and Sachelal Patel (14:08.56s) were second and third respectively.

Pradeep (14:08.62s) of Rajasthan, Lovepreet Singh (14:08.69s) of Punjab and Shadab Pathan (14:08.74s) of Maharashtra finished fourth, fifth and sixth respectively.

The six runners converged together towards the last stretch of the race and nobody was willing to pull ahead of the pack. The six runners crossed the finish line in almost two rows with three in each row.

An Athletics Federation of India (AFI) official admitted that it was a strange finish. Asked if there could be a case of the runners not wanting to finish on podium and undergo dope testing, the official said, "It's difficult to say that. In any case, they finished the race, they did not pull out midway."

In top events, most of the dope samples are collected from among the top-three finishers though they could be targeted for random sample collections also. Meanwhile, Railways team won four gold medals in the women's



Mallala Anusha of Andhra Pradesh who won gold in the women's triple jump in the 62nd National open Athletic championship in Bengaluru

section on the day. International distance runner Anikta of Railways was a comfortable winner in the women's 5,000m race. It was 1-2 for Railways in the women's pole vault.

Discus thrower Nidhi picked up the third gold for Railways team. The quartet of Florence Barla, Prachi, Sonia Baishya and Kiran Pahal clocked 3:37.82 seconds to win the women's 4x100m relay gold for the Railways.

Asian Games bronze medallist women's 400m hurdler, Vithya Ramraj had

a smooth sailing into the final.

Haryana's Jyothi was leading day-one of heptathlon having collected 3114 points, while Sonu Kumari of Railways was at the second spot with 2919 points.

International javelin thrower Manu DP of Services was the only athlete to have crossed 80m in the preliminary round. His best throw was 80.97m.

Punjab's promising javelin thrower Kunwer Singh Rana is also among the 12 who made it to the final. —PTI

O Hansini wins Dasara Sprint Championship in humdinger

Ikram Khan
mybangaloremirror
@timesgroup.com

TWEETS @BangaloreMirror

In a pulse-pounding finish, local heroine O Hansini from champion trainer Rakesh's yard brilliantly piloted by top saddle artist Akshay Kumar beat the fancied contestant All Attractive by the shortest of margins to emerge the Mysore Dasara Sprint Champion at the races on Friday.

The winner pitted against the hotly tipped Bangalore challenger All Attractive from trainer Prithviraj's yard and Agnostic from the stables of Kolkata-based pro Bharath Singh produced an astounding gallop to upset the appellation of the favourite in the prestigious sprint championship event sponsored by Benaka Developers, run over a distance of six furlongs.

While Akshay Kumar produced an exemplary effort to reign supreme, John guiding the fortunes of All Attractive blotted his book, caught behind the two leaders, Leather Back and the nohoper Tom Cruiser for most part of the six furlongs trip. O Hansini and Akshay at this juncture sprinted ahead and established a winning lead and though All Attractive and Agnostic powered through to finish strongly, O Hansini gallantly held on to the delight of the local racing buffs, who provided Akshay and Rakesh a standing ovation.



Dr Vilas B Nanjundappa and Dr Ashwini Narahari present the prestigious Dasara Sprint Championship to winning trainer Rakesh

"O Hansini has always produced her best and she is the best horse at the Mysore campus. She provided another stellar effort and Akshay was at his best," said Rakesh immensely pleased with the performance of the sprint champ. Rakesh next heads to Pune with a talented youngster Zargawi competing in the Prudential Champ Trophy on Saturday.

Mysore Race Club (MRC) chairman, Chandre Gowda, satisfied with the premier Dasara action and pleased with the result revealed that racing in the royal city has graduated to the next level, best horses from all the other premier racing centres choosing to compete in the plum events of the Mysore season.

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India vs Pak before 1,00,000+ spectators

Tens of millions of sports fans in south Asia will have their eyes and ears focused on one thing on Saturday — the much-anticipated Cricket World Cup match between host India and archrival Pakistan. Political reasons constantly obstruct their bilateral series. The quarrelling neighbors haven't met in a test series in 16 years and one-day international and Twenty20 series in 10 years. India and Pakistan have raised expectations for Saturday by winning their first two games. India defeated five-time champion Australia by six wickets in Chennai and Afghanistan by eight wickets in New Delhi. —AP

JAVED Ali

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OCTOBER
SAT 21st

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Bangalore

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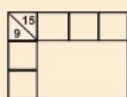
HOSPITALITY PARTNER
FOUR SEASONS
BANGALORE BY EMERALD ONE

RADIO PARTNER
MIRCHI
95 FM

Mom baked a cake. Dad ate 1/6 of the cake. Brother ate 1/5 of what was left. Then sister had 1/4 of the remaining cake. After that the dog ate 1/3 of the remaining cake, and finally another kid ate 1/2 of what was left after the dog was finished. What fraction of the whole cake is left for mom to eat?

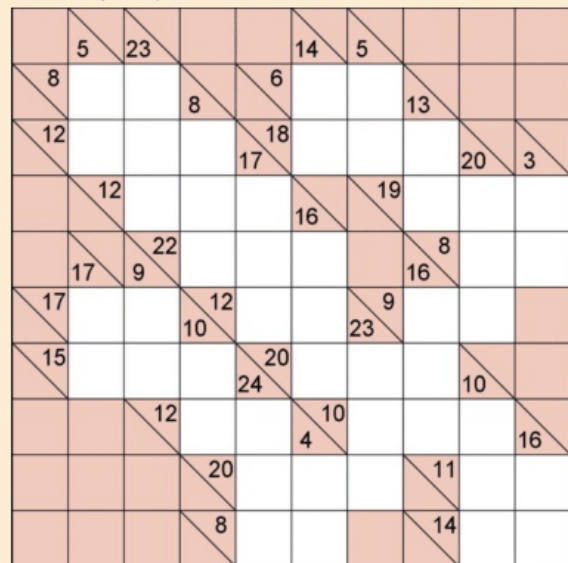
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

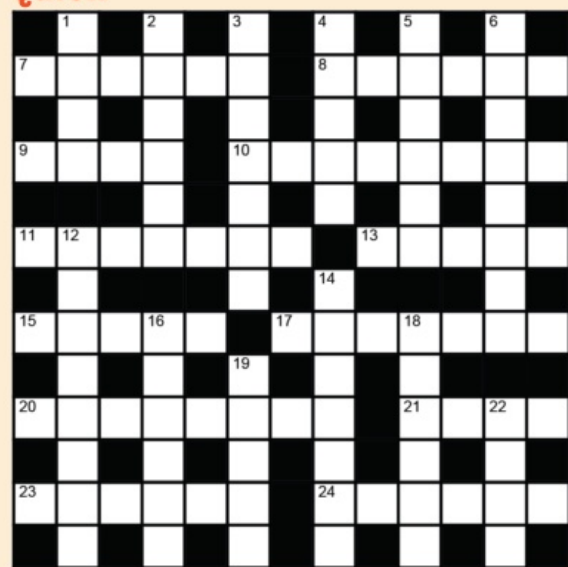


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

- 7 Mend (6)
- 8 Corresponded in sound (6)
- 9 Leonardo da Vinci's ____ Lisa (4)
- 10 Envy (8)
- 11 Leaves for smoking (7)
- 13 Biblical outcast (5)
- 15 Love to bits (5)
- 17 Together; not severally? (7)
- 20 Capital of Jamaica (8)
- 21 Asian desert (4)
- 23 Authoritative command (6)
- 24 Come out (6)

DOWN

- 1 Short note (4)
- 2 Toronto locale (6)
- 3 Planned undertaking (7)
- 4 Group of three (5)
- 5 Royal city in Karnataka (6)
- 6 Film report (8)
- 12 Veteran (3-5)
- 14 Hurt (7)
- 16 Remorse (6)
- 18 Badgered constantly (6)
- 19 Condition (5)
- 22 Swamps or morasses (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: J EQUALS G
YVD JWDCYDYX SDA, GFT RCA
ETFYD KFW DZDWGYVLAJ.



Linemaro

You are fun as a hot tub full of chocolate pudding



Mindchow

Without a humble but reasonable confidence in your own powers, you can't be successful or happy



Joke of the day

By the time a man realises his father was right, he has a son who thinks he's wrong

Loop

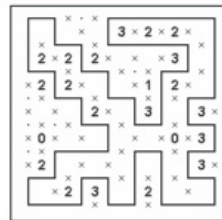
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

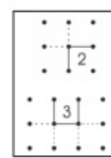
How to begin:

Example (Fig A) - Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

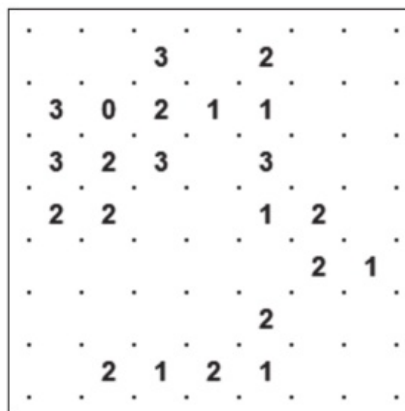
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



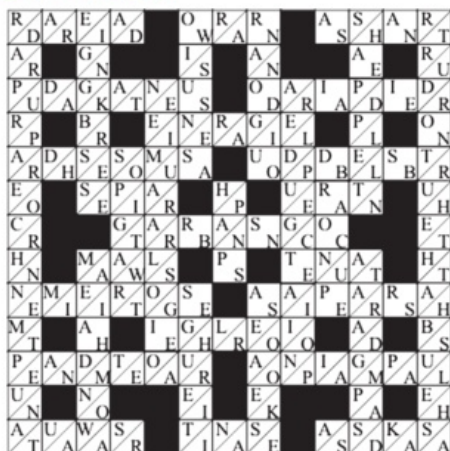
(Fig A)



(Fig B)
Not Allowed



Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

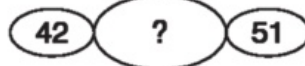
- 1 Sir BC; 6 Siren;
- 7 Oasis; 8 CK Hun;
- 9 Gees I

DOWN

- 1 Or CCs; 2 Irish;
- 3 Sues I; 4 Begin;
- 5 Skean

Mensapuzzle

What number should replace the question mark?



Bull's eye

How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

03 Average; 04 Good; 05 Outstanding

SudokuChallenge



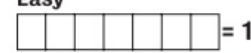
To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



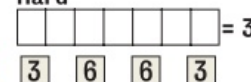
Easy



Medium



Hard



Hocusfocus



Find at least six differences in details between panels.



Differences: 1. Book cover is different. 2. Arm is moved. 3. Back of seat is shorter. 4. Mouth is different. 5. Collar is missing. 6. Pinky is different.

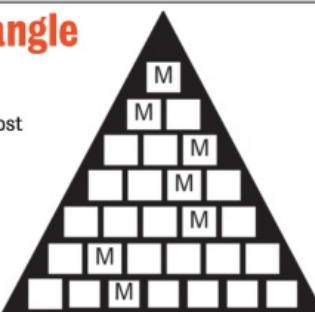
Riddler

Which word in Group B can be added to Group A? Why? Group A: forty, grape, react, rouge Group B: carat, claim, coast, crass, curse

Alpha triangle

- 1 One thousand
- 2 Do, re, _ fa ...
- 3 Outer edge
- 4 Cover with hoarfrost
- 5 Chief or principal
- 6 Contaminated
- 7 More jittery

Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be



made at each step answering to the clue given.

COMICS

Redeye by Mel Casson



Bizarrotrip



Diamond Lil



Hart of the city



Crankshaft



Mutts



WHAT YOUR STARS SAY TODAY

Aries Mar 21 - Apr 20

Today you are likely to meet some old friends or be busy with social get-togethers. You may be more excited today. New innovations may be there in terms of business. Also, you are likely to have some unexpected material gains. Kids may give good news in terms of studies. Love birds may enjoy their quality moments.



Leo Jul 24 - Aug 23

Today you may get tired due to overworking. It may make you lazy and careless, but you are advised to keep your patience. If you are planning an adventure tour, you are advised to postpone it for a while. Your past investments may convert into dead stock. Students are advised to work hard. You may have back aches, nervous system issues, lever-related issues, and skin issues.



Sagittarius Nov 23 - Dec 22

Today until late afternoon, you may feel dullness in your nature, which may reflect in your way of working. But with the help of the elder's blessings, you are likely to come back to your speed. You are likely to pay extra attention to your kid's health. You will be in a winning position against your enemies and opponents. Investors must be careful when making difficult decisions. Stomach issues may make you upset.



Taurus Apr 21 - May 20

Today you are blessed by the moon; your small investments may convert into big profits. Your working efficiency may be increased now. You are likely to achieve success with less effort. You may hear good news in legal matters as well. You may have full control over your opponents and rivals.



Virgo Aug 24 - Sep 23

Today, your creativity may be high, and you may plan to renovate your house. You may buy some stuff to renovate your house or office, which may increase your social status. There is likely to be some harmony with the spouse. It creates harmony in domestic life. Disputes with friends, co-workers, and partners may be settled. You may get good news in terms of litigation.



Capricorn Dec 23 - Jan 20

Today, you may be happy at work. You are likely to make some important decisions by the end of the day, which will help you in the near future. You may also plan for a short trip. Your subordinates are likely to be cooperative. You may expect some good news in terms of a sibling's success. You are likely to be in winning positions in legal matters as well. Students may be more focused on achieving their targets.



Gemini May 21 - Jun 21

Today you are blessed by the moon; your small effort may bring you success. You are likely to have good profits from your past investments. You are likely to get rewards for your hard work in professional and domestic life. Your prestige may be increased now. You may start a new innovation in the business. Disputes with the spouse may be resolved now.



Libra Sep 24 - Oct 22

Today you will be glad; you will be able to maintain a balance between your earnings and expenditures, which will boost your finances. Your network will help you implement your plans. Your siblings and subordinate staff will be more helpful today. Plan to visit elders or religious places.



Aquarius Jan 21 - Feb 19

Today, your communication skills may help you on a professional front. You are likely to be more polite with everyone around you, which may help you speed up your projects. Lovebirds are likely to exchange their views with each other, which may lay the foundation of their relationship.



Cancer Jun 22 - July 23

Today, you may feel better, and situations may be under control. Your network may help you on the workfront. You may plan for overseas travel. This is a good time to increase domestic harmony and love. With the help of creativity, you may bring some artefacts or creative stuff for your family. You may also plan to watch movies or go on an outing with friends or family.



Scorpio Oct 23 - Nov 22

Today, you may feel dull due to sleeplessness; you may be scattered towards your goals, which may affect your working efficiency. You may plan to visit a religious place. But in the late evening, you may be blessed by your elders; you may find out your mistakes and make a good plan for the coming day. You are advised to take care of your parents' health.



Pisces Feb 20 - Mar 20

Today, you are blessed by the moon. A new partnership may give you benefits. Your energy level is likely to be high. Your hard work and enthusiasm may pay off in terms of financial gains. Self-respect may protect you from negative people around you.



KIDZONE



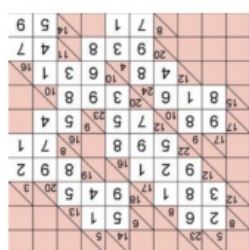
Naisha, 7 Years, Sophia High School



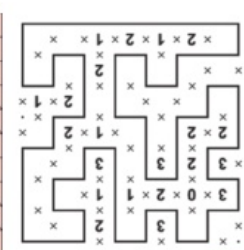
Advait, 8 Years, Shishugriha School

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011; Please send hard copies of your artwork in A4 size only.

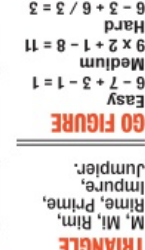
SOLUTIONS



KAKURO



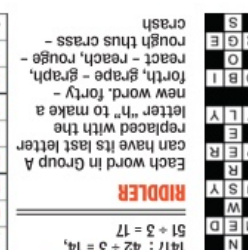
LOOP



ALPHA



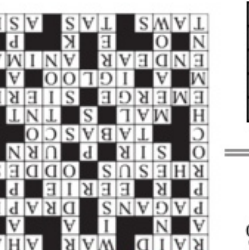
SUDOKU



MENSA PUZZLE



QUICK



STRIKE OUT



BULLS' EYE



SOLVE IN 1M



Action thriller— Actor Pooja Hedge is all set to star opposite Shahid Kapoor for the first time in director Rosshan Andrews' upcoming action thriller film. Siddharth Roy Kapur and Zee Studios are producing the film.

Comic affair

Abhimanyu Dassani, Mrunal Thakur share their exciting journey in upcoming movie

Actors Abhimanyu Dassani and Mrunal Thakur are currently gearing up for the release of their upcoming comedy film 'Aankh Micholi'.

Helmed by the 'OMG: Oh My God' director Umesh Shukla, the film stars Mrunal, Abhimanyu, Paresh Rawal, Sharman Joshi, Divya Dutta, Abhishek Banerjee, Darshan Jariwala, Grusha Kapoor and Vijay Raaz in the lead roles. Abhimanyu and Mrunal recently shared their experience working with director Umesh Shukla and actor Paresh Rawal.

Abhimanyu said, "Got to learn a lot from them. We've been a fan of Umesh Shukla's films like '102 Not Out' or 'OMG: Oh my God'. His films are funny, come with a message and are family films, so it's a great combination of everything. We were just students on the film's set; we got to learn a lot from Paresh sir, Sharman Sir



and Vijay Raaz, sir; everyone is so talented."

Mrunal Thakur said, "Paresh Rawal and Umesh Shukla's combination is so deadly that they do not even need a script; their one-liners start coming on the set itself. Working with them was very

interesting because their chemistry was so good. To just learn from them was just unique and different because, for me, this is a genre that I have never explored before." "Aankh Micholi" is all set to hit the theatres on October 27.

—ANI

Glam game

Janhvi Kapoor took to her IG handle to share a pic donning a shimmering silver cutout dress. Sharing a few pics, Janhvi accentuated her look with messy hair, red lips and dewy makeup. She did not write any caption for the post and simply dropped a dolphin emoji.

Janhvi Kapoor is quite active on social media and recently took to her IG handle to share a pic of her sisters Anshula Kapoor and Khushi Kapoor as they attended an event in the city. Wearing different shades of pink, the two looked like they were having a ball, and Janhvi could not help but have FOMO. Sharing the same, the 'Bawaal' actor wrote, "FOMO...My Pink Babies"

Recently, after teasing fans with their sweet banter on social media, Janhvi Kapoor and

Zeenat Aman came together for an 'iconic' ad. Now, fans want to see them together in a film.

Janhvi and Zeenat recently came together for a mobile ad where they look drop-dead gorgeous in stunning black outfits. While Janhvi looked gorgeous in an off-shoulder black gown and emerald necklace, Zeenat looked graceful in a black outfit, golden accessories and cool shades.

In the commercial, they chilled in a fancy house, took attractive



selfies with meaningful expressions, and strolled stylishly, all while looking perfect and showing off the camera features of the phones.

As soon as the ad made its way onto social media, likes and comments poured in from all sides. While one user wrote, "You two are everything!" another one added, 'Simply iconic and stunning'. A fan also commented, 'Iconic. Give us a movie with you two'. Last week, Janhvi and Zeenat hinted to their Instagram followers that they were working together.

—ETimes



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